metro
NEW YORK CITY NO. 1 FREE DAILY IN THE
Wednesday, July 25, 2018 metro.us | t: MetroNewYork | f: MetroNewYo

WOEFUL WILPONS

MLB must step in and take Mets away from owners if Jacob deGrom is traded for peanuts. 19

GETTY IMAGES

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PERFECT SHOT

Struggling to capture that ideal city image? An expert shares her tricks for nailing that perfect picture. 6 -7

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5 THINGS TO KNOW

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NIKKI M MASCALI, REPORTER

It's not every day I get to start my workday atop my favorite building in the world, but there I was at the very top of the Empire State Building getting photography tips for shooting our fair city from Shutterstock contributor Lisa Combs. I'm not keeping them all to myself, so turn to pages 6-7 to find help for shooting cityscapes, architecture, food and people, or visit **metro.us.** Now grab your camera, and get shooting!

FORECASTERS WARN OF HAZARDOUS NEW YORK

1 There's plenty of unpleasant New York City weather in the forecast — including the possibility of flash floods. As of Tuesday, the National Weather Service New York office has issued a hazardous weather outlook for the area, which extends beyond the five boroughs into southeast New York, northeast New Jersey and southern Connecticut. Tuesday may see some isolated showers and thunderstorms in the afternoon, though the chance of precipitation is only 20 percent during the day. That bumps up to 30 percent after 9 p.m. Throughout the day, it may feel extra sticky as the humidity percentage reaches up into the 80s. If you're thinking of heading to the beach before the rain comes in order to cool off from that humidity, be careful. The National Weather Service warned that there is a high risk of rip currents all day on Tuesday at Atlantic Ocean beaches. New York City weather will get real grim beginning Wednesday, when forecasters say storms will bring heavy rainfall and we could see the first chance of flash floods. KRISTIN TOUSSAINT

DEMI LOVATO STABLE AFTER SUSPECTED OD

2 Pop star Demi Lovato was taken to a Los Angeles hospital on Tuesday due to a suspected overdose, according to media reports. Lovato, 25, has spoken openly about cocaine and alcohol abuse. Representatives for Lovato did not respond to a request for comment but People magazine, quoting an unidentified source, reported she was "okay and stable." TMZ, quoting law enforcement sources, reported that Lovato was found unconscious at her home and was treated with Narcan, an emergency treatment for suspected opioid and drug overdoses. Los Angeles police said they had responded to a medical emergency on Tuesday involving a woman on the Hollywood Hills street where Lovato reportedly has a home, but declined to name the person. Lovato released a song last month called "Sober" in which she sang, "Momma, I'm so sorry, I'm not sober anymore, And daddy, please forgive me for the drinks spilled on the floor, To the ones who never left me We've been down this road before, I'm so sorry, I'm not sober anymore."

WILDFIRES KILL AT LEAST 74 IN GREECE'S 'POMPEII'

3 Greece's prime minister told of the "unspeakable tragedy" the country faced after at least 74 people were killed by wildfires that swept through a resort, trapping people in cars and on the edge of cliffs as others were forced to jump off to survive. Scores of gutted cars lined streets in the coastal town, east of Athens, melted by the intensity of the heat.

VALERIE GACHE/AFP/GETTY IMAGES

IVANKA TRUMP CLOSES FASHION LINE

4 President Donald Trump's daughter Ivanka Trump on Tuesday said she was shutting her fashion line to focus on her role as an informal White House adviser, where she is working on advancing working women. Since Trump's surprise November 2016 election, his family has faced criticism that its portfolio of real estate and consumer goods businesses, which lean heavily on the Trump name as a marker of luxury, conflict with their roles as Washington officials. Critics of the president called the shutting of the brand a victory for a boycott of Trump-tied businesses that began late in the 2016 campaign. "After 17 months in Washington, I do not know when or if I will ever return to the business, but I do know that my focus for the foreseeable future will be the work I am doing here in Washington," Ivanka Trump, 36, said in a statement on Tuesday. Amid criticism of potential conflicts of interest, Ivanka Trump in 2017 gave up day-to-day management of her clothing company and put its assets in a trust managed by family members.

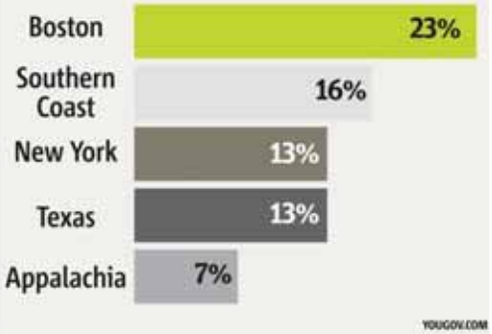
POLICE SHOT WOMAN KILLED IN LA STANDOFF

5 The bullet that struck and killed a woman at a Trader Joe's grocery store in Los Angeles in the chaotic early moments of a weekend hostage siege was fired by police during a brief gunfight with the armed suspect, authorities revealed on Tuesday. But Los Angeles Police Chief Michel Moore commended his officers' conduct in what he described as a "devastating ordeal." The 28-year-old man they arrested, Gene Atkins, was charged with murder for the death of the woman caught in their crossfire. The victim, Melyda Corado, 27, identified by relatives as a manager at the store, was one of several people who fled the market after the gunman crashed his car just outside while being chased by police on Saturday, Moore told reporters. Atkins, the suspect, exchanged fire with officers who pursued him into the crowded store in the city's Silver Lake district. He then took more than a dozen people hostage as he barricaded himself inside, police said. Atkins finally surrendered following a three-hour standoff.

STATS

REGIONAL ACCENTS

Which American region/city do you think has the strongest accent?



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384 E 149 St, Ste 201, Bronx, NY 10455 2 5

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947 Southern Blvd. Bronx NY 10459 2 4 5

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40-04 Forley St, Jackson Heights, NY 11373 Ⓕ Ⓔ Ⓜ Ⓡ 7

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Suburban NY/Rockland County:

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Tinton Falls, NJ 07724

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M42 voted 'pokiest' MTA bus in the city, according to transit advocates

Two advocacy groups unveiled their annual "Pokey and Schleppie" awards for the city's slowest and least reliable city buses.

NIKKI M. MASCALI
nikki.mascali@metro.us

The slowest MTA bus in New York City is the M42 and the most unreliable is the w, according to two transit advocacy groups that unveiled their annual "Pokey and Schleppie" "awards" Tuesday.

A joint effort between the New York Public Interest Research Group's Straphanger Campaign and TransitCenter, the "Pokey and Schleppie" awards name the city's slowest and least reliable MTA bus routes with 10,000 weekday riders or more.

"Riding a bus can feel like being in a funeral procession, where you are awaiting a slow caravan of crowded, crawling and bunched buses," said Gene Russianoff of the Straphangers Campaign.

The 15th annual "Pokey" winner is the M42, which clocked in at 3.2 mph and "had the slowest speed out of more than 200 local bus routes reviewed by the Straphangers Campaign," the organizations said in a statement. This year marks the fifth time the M42 nabbed the award.

The 11th annual "Schleppie" award went to the B12 MTA bus, which saw one out of five buses, arrive bunched, which is when two or more buses arrive at a stop at the same time, "meaning that they are not on-schedule," the groups said.

Two advocacy groups unveiled their annual 'Pokey and Schleppie' awards for the slowest and least reliable MTA bus. FLICKR / MTA

"Bus riders in NYC are used to the stressful and frustrating experience of waiting for a bus that doesn't arrive when it's supposed to, only to show up bunched with two or three other buses," said Tabitha Decker of TransitCenter. "Bus lanes, priority at traffic signals and better dispatching are needed to take these buses from schleppie to peppy."

For the "Pokey and Schleppie" awards, the Straphangers Campaign and TransitCenter considered routes with at least 10,000 average weekday riders traveling between 10 a.m. and 4 p.m. in May of this year. They relied on MTA BusTime data to determine the MTA bus speed and bunching.

"Improving bus service is the focus of the first major reform plan Transit President Andy Byford announced since starting the job this year," the MTA said in a statement.

THE SLOWEST MTA BUS BY BOROUGH

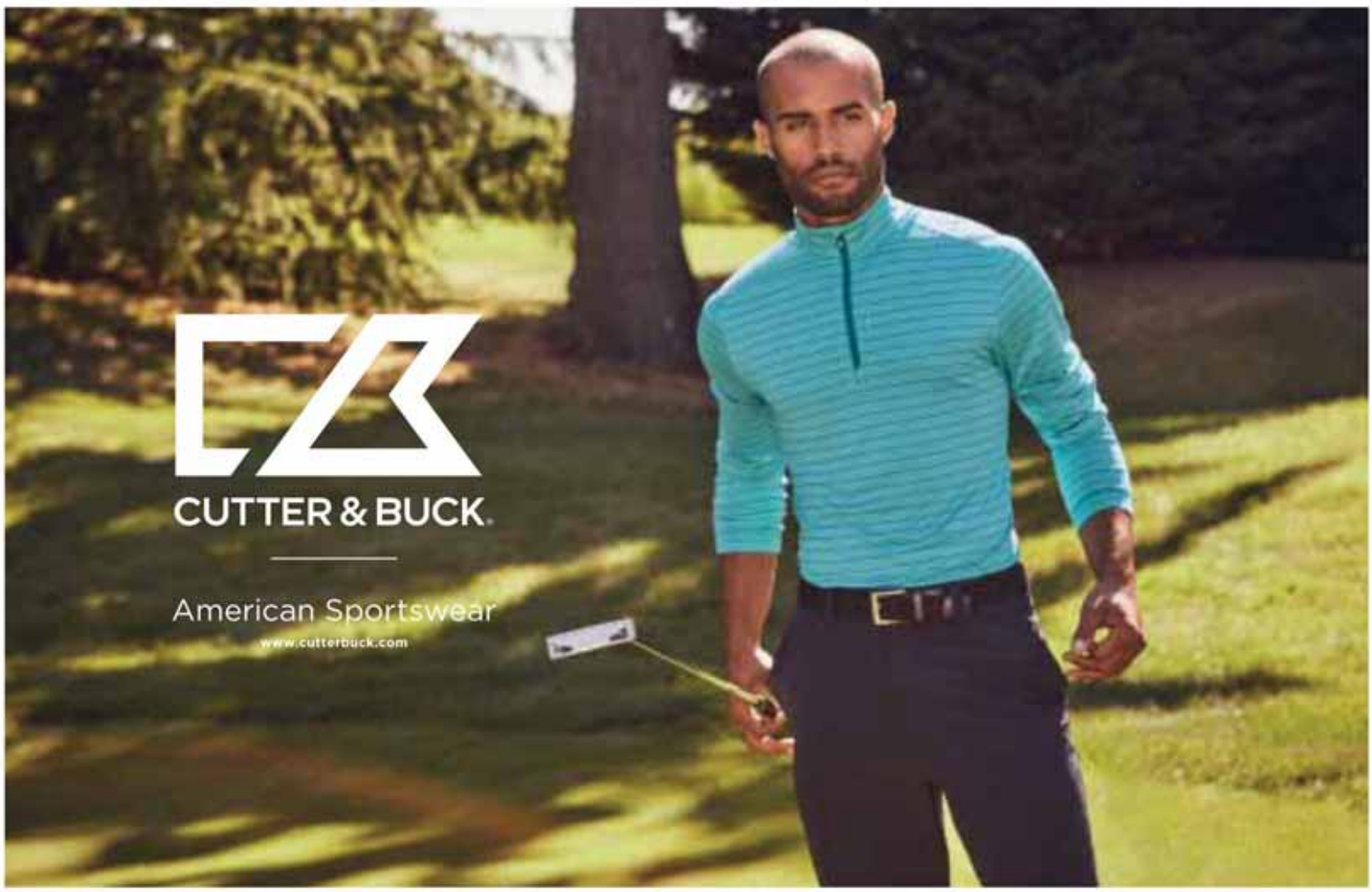
According to the Straphanger Campaign and TransitCenter's research, the slowest high-ridership MTA buses in each borough are:

- B63: 4.7 mph between Fort Hamilton and Brooklyn Bridge Park
- Bx19: 4.6 mph between New York Botanical Garden and Riverbank State Park
- M42: 3.2 mph between Circle Line Pier and East Side via 42nd Street
- Q20A: 6.4 mph between Jamaica and College Point
- S48: 7.2 mph between St. George and Mariners Harbor

THE MOST UNRELIABLE MTA BUS BY BOROUGH

According to the Straphanger Campaign and TransitCenter's research, the most unreliable MTA buses in each borough are:

- B12: 21.4 percent between Brownsville and Prospect Lefferts Gardens
- Bx21: 17.9 percent between Westchester Square and Mott Haven
- M4: 15.3 percent between Washington Heights or Fort Tryon Park and Midtown
- Q43: 17.2 percent between Floral Park and Jamaica
- S78: 10.6 percent between Bricktown Mall and St. George Ferry Terminal



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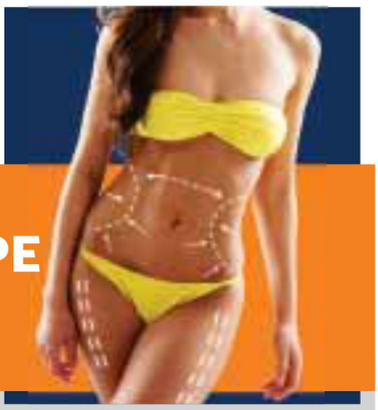

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Shutterstock contributor Lisa Combs urges you to look up, down and behind you when you're taking pics in New York City — you never know what wonders are waiting for you. LISA COMBS

Taking the best NYC pics, the Shutterstock way

Shutterstock contributor Lisa Combs shares tips for taking that perfect shot.

NIKKI M. MASCALI
nikki.mascali@metro.us

New York is one of the most photographed — and photogenic — cities in the world, whether you're a local, a tourist or a selfie-loving Instagrammer. But with towering skyscrapers, incessant crowds and erratic weather, it's not always easy to capture our fair city, and that's where Shutterstock comes in.

Metro spent a morning last week with Lisa Combs, who has been a Shutterstock contributor since 2010 and has more than 4,000 images in her portfolio on the site.

Combs shared tips for shooting cityscapes from atop the Empire State Building, building photography outside the Flatiron Building, food photography at Union Fare and capturing people and scenes at the Union Square Greenmarket, and now we pass these tips on to you, loyal readers.

Tip 1: Light & filters
"The first thing I do is walk around to see where the light is working for me," Combs said on the very hazy day — not exactly ideal for clear captures from atop the Empire State Building.

On such days, think about shooting smaller details and even the crowd in addition to the big picture — and don't rule out filters. "I know a lot of old-school photographers think that's a cheat, but we're given these tools, why not take advantage of them?" Combs said. "Put it in Lightroom or whatever editing software or app you have to give it a cool effect. With a point-and-shoot or your phone, you can definitely have a home-run shot today. You have to work with what you're given."

> **"Just change the angle and see the city in a different way."**
> Lisa Combs

Tip 2: Look around
Don't just see what's in front of you, Combs urged, but look up, down and behind you. "Look everywhere. What would be more amazing than looking up toward the top of the Empire State Building with the American flag?" Combs asked. "That's a great shot."

Tip 3: Rule of thirds
Combs is a firm believer in the rule of thirds, a basic photography principle of imagining a nine-part grid to set up the four key areas to balance your shot.

"Picture kind of a tic-tac-toe board and look where the lines meet, those are the thirds," she explained. "If you're photographing downtown, you might want to have the World Trade Center one of the pinpoint thirds to make it visually attractive."

Tip 4: Through the looking glass
Since you may need to shoot the city from behind glass at some point, like on the Empire State Building's 102nd story-Top Deck or through a restaurant window, "make sure your lens or phone is right up against the glass, otherwise you're going to get some funky reflections," Combs said.

Tip 5: Change your perspective
Combs is "really big" on getting down low and raising her camera up to "just change the angle and see the city in a different way."

Tip 6: Step back
To shoot the Flatiron Building, we stopped at Broadway and East 25th Street to capture not just the whole building, but the scene surrounding it before going closer for more detailed shots. "It tells the story when you see everything in the frame, the stoplights, the clock, the people," Combs said. "Look for those little details and work them into the shot."

Tip 7: Make mouths water
With one of the world's greatest food scenes, you're likely going to eat lots of Instagram-worthy things in New York City. Combs suggests getting photos of the food in the case or on trays, the people making or serving

it, and, of course, the main event.

"Get in really close, get it from different angles to catch the light in different ways and get those decadent details, these swirls of chocolate, to make mouths water," Combs said as we shot some of Union Fare's cream-filled croissants. "Another shot is directly overhead, which is all the rage on Instagram."

Become a Shutterstock contributor

To become a Shutterstock contributor, you can apply right on its website. First-timers will be asked to submit 10 original images or video that will be evaluated by a team of reviewers.

If one or more of those first 10 images are accepted, you will become an active member of the Shutterstock community. If an image or video is rejected, you'll receive specific feedback on why and will be encouraged to re-submit the content after making improvements.

And no, you don't need a fancy, expensive camera or equipment to contribute as Shutterstock accepts smartphone images as well.

New York is one of the most photographed and photogenic cities in the world, but it can be hard to photograph sometimes, so we looked to Shutterstock contributor Lisa Combs for help. LISA COMBS

When it comes to food photography, "make their mouths water," Combs said. If yours isn't yet, it should be because this Fruity Pebbles croissant from Union Fare was incredible. NIKKI M. MASCALI

Armed with these tips from Combs, New Yorkers may want to consider carrying real cameras with them everywhere. NIKKI M. MASCALI

MTA New York City Transit Canarsie Tunnel Project
Supplemental Environmental Assessment and Section 4(f) Review
Notice of Public Availability
Notice of Public Meeting

The Federal Transit Administration (FTA) & The Metropolitan Transportation Authority/ New York City Transit (MTA NYCT) have prepared a Supplemental Environmental Assessment (SEA) and Section 4(f) Review for the Canarsie Tunnel Project. The proposed project will require full-time, double-track closure of the Canarsie Tunnel under the East River between Manhattan and Brooklyn for 15 months to fully repair damage caused by Hurricane Sandy. The MTA has developed a proposed Alternative Service Plan (ASP) to provide temporary transportation alternatives to L line rail service during the tunnel closure. The proposed ASP includes temporary bus, ferry, bicycle, pedestrian and subway service enhancements. The SEA and Section 4(f) Review presents analysis of the potential impacts of the Canarsie Tunnel ASP.

This SEA and Section 4(f) Review was prepared in accordance with the National Environmental Policy Act (NEPA) of 1969; Section 106 of the National Historic Preservation Act of 1966; Section 4(f) of the U.S. Department of Transportation (USDOT) Act of 1966; and all applicable regulations including Council on Environmental Quality regulations at 40 CFR 1506.6; FTA regulations under 23 CFR 771.119(d); Executive Order 12898 on Environmental Justice; Executive Order 11988 on Floodplain Management; and USDOT Order 5650.2 on Floodplain Management and Protection.

The SEA and Section 4(f) Review is now available for public review on the MTA's website at: http://web.mta.info/mta/news/notices

Printed copies of the Canarsie Tunnel Project SEA and Section 4(f) Review are available for public review at the following locations:

	Office	Address
Brooklyn	Borough President, Eric Adams	209 Joralemon Street, Brooklyn, NY 11201
	Community Board (CB) 1	435 Graham Avenue, Brooklyn, NY 11211
	CB4	1420 Bushwick Avenue, Suite 370, Brooklyn, NY 11207
	CB5	404 Pine Street, Brooklyn, NY 11208
	CB16	444 Thomas S Boyland Street #103, Brooklyn, NY 11212
	CB18	1097 Bergan Avenue, Brooklyn, NY 11234
	Library in CB1	Leonard Branch, 81 Devoe Street, Brooklyn, NY 11211
	Library in CB4	DeKalb Branch, 790 Bushwick Avenue, Brooklyn, NY 11221
	Library in CB5	New Lots Branch, 665 New Lots Avenue, Brooklyn, NY 11207
	Library in CB16	Stone Avenue Branch, 581 Mother Gaston Boulevard, Brooklyn, NY 11212
	Library in CB18	Canarsie Branch, 1580 Rockaway Parkway, Brooklyn, NY 11236
Manhattan	Borough President, Gale Brewer	1 Centre Street, New York, NY 10007
	CB2	3 Washington Square Village #1A, New York, NY 10012
	CB3	59 E 4th Street, New York, NY 10003
	CB4	330 W 42nd Street Suite #2618, New York, NY 10036
	CB5	450 7th Avenue Rm. 2109, New York, NY 10123
	CB6	211 East 43rd Street, Suite 1404, New York, NY 10017
	Library in CB2	Jefferson Market Library, 425 Avenue of the Americas, New York, NY 10011
	Library in CB3	Tompkins Square Branch, 331 East 10th Street, New York, NY 100099
	Library in CB4	Muhlenberg branch, 209 West 23rd Street, New York, NY 10011
	Library in CB5	Andrew Heiskell Braille and Talking Book 40 West 20th Street, New York, NY 10011
	Library in CB6	Epiphany Library, 228 E 23rd Street, New York, NY 10010
	NYC Transit Government Affairs and Community Relations	2 Broadway, 17th Floor, New York, NY 10004
	NYC Transit Customer Service	3 Stone Street, New York, NY 10004
	Federal Transportation Authority, Region 2	One Bowling Green, Room 429, New York, NY 10004 (Call for Appointment: 212-668-2170)
Queens	Borough President, Melinda Katz	120-55 Queens Blvd, Kew Gardens, NY 11424
	CB5	61-23 Myrtle Avenue, Flushing, NY 11385
	Library in CB5	Queens Library at Ridgewood, 20-12 Madison Street, Queens, NY 11385

MTA will also host a Public Meeting to provide information and receive comment on the Canarsie Tunnel Project SEA at the location, date and time below:

Date/Time: August 6, 2018 from 5 p.m. – 8 p.m.
Location: Metropolitan Transportation Authority
2 Broadway, William J. Ronan Board Room
20th Floor, New York, NY 10004

Directions:
By Subway: 4 5 to Bowling Green; R to Whitehall St or Rector St; or 1 to South Ferry or Rector St
By Bus: M15 (local or SBS), M20, M55, X1 or X10
By Staten Island Ferry: Staten Island Ferry to Whitehall Terminal
Use TripPlanner+ at www.mta.info for specific directions, including express bus routes

Those wishing to comment at the meeting must register in advance by 7 PM on August 6, 2018.
Written comment submissions also may be presented at the Public Meeting.

Written comments can be submitted online at http://web.mta.info/mta/news/notices or mailed to the contacts below:

Nina Chung
Community Planner, Planning and Program Development
Federal Transit Administration, Region II
One Bowling Green, Room 429
New York, NY 10004

Luke DePalma
Assistant Director, Government and Community Relations
NYCT Government and Community Relations
2 Broadway, New York, NY 10004
646-252-2660

The official public review period for the SEA is from **July 20, 2018** to **August 19, 2018**

Following the close of the comment period, FTA will review the comments and responses, and make a formal NEPA determination for the project. Public comments postmarked by **August 19, 2018** will be made part of the SEA record and reflected in the FTA's final NEPA determination.

Metropolitan Transportation Authority
www.mta.info

U.S. Department of Transportation
Federal Transit Administration

Interactive map shows ICE raids throughout NYC

The Immigrant Defense Project and the Center for Constitutional Rights hopes an interactive map sheds light on ICE's impact in New York City.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

New York is a sanctuary city, but that doesn't mean it's completely protected from the Trump administration's intense immigration efforts. A new project details just what that effort has looked like here by analyzing ICE raids in New York.

From President Donald Trump's inauguration to the end of the fiscal year on Sept. 30 2017, ICE arrests went up 42 percent compared to the same time period in 2016, per the Pew Research Center.

Now, an initiative map called ICEWatch shows how these federal immigration efforts have affected the New York City area and beyond through an interactive map of 698 ICE raids.

The map is a partnership between the Immigrant Defense Project and the Center for Constitutional Rights meant to detail, the groups say, "ICE's deceptive and aggressive tactics."

"ICEwatch shines a light on ICE's program of terrorizing communities through raids, ruses, home invasions, courthouse arrests, and other forms of coercion," said Ghita Schwarz, Center for Constitutional Rights senior attorney, in a statement. "By demonstrating the wide reach of ICE's destructive and unlawful tactics, we hope to educate and empower immigrants and allies."

The interactive map, available at raidsmap.immdefense.org, includes summaries of ICE raids that have been conducted during the first year and a half of the Trump administration along with others reported to the Immigrant Defense Project over the prior five years.

42%

From President Donald Trump's inauguration to the end of the fiscal year on Sept. 30 2017, ICE arrests went up 42 percent compared to the same time period in 2016.

With the ICE raid map, you can filter the summaries by approximate location and type of arrest tactic. The organizations have highlighted six enforcement tactics they say "are increasingly prevalent under the Trump administration, and underscore egregious and inhumane ICE practices and the agency's disregard for fundamental rights."

WIKIMEDIA COMMONS

Those are warrantless entry into a home; the use of ruses to enter a home; use of force; the use of surveillance; a significant increase in courthouse raids; and an increase in collateral arrests.

"ICE agents arrested YS at his home in Brooklyn and detained him despite his serious medical issues. At the time the agents arrested YS, they lied and told him that they just wanted to speak with him and that he would be released later that day," one summary reads, tagged with the tactics "use of force" and "surveillance."

"About 10 ICE agents came to a home at 5 a.m., claiming to be police. HEG's sister opened the door and the agents showed her a picture of someone else, claiming HEG's identity was being stolen," reads another from the Bronx labeled as a ruse. "HEG's sister called him to tell him, thinking it was the police, so he could sort it out and when he got to her home, ICE arrested him."

ICE disputes the use of the term "raid," saying that every arrest comes from a "targeted enforcement action." According to ICE, more than two-thirds of people arrested in fiscal year 2018 are convicted criminals and about 60 percent of the remaining number of arrests came into ICE custody following a criminal arrest.

ICE also said that federal agents conduct their arrests within their legal authority under federal immigration law as deemed by Congress.

The Immigrant Defense Project and the Center for Constitutional Rights believe that there is more immigrants can do to protect themselves from such ICE raids. ICEWatch aims to "better equip individuals to exercise their constitutional rights," per the groups, and immigrants can learn about their constitutional rights at immdefense.org/raids.

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The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.

NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

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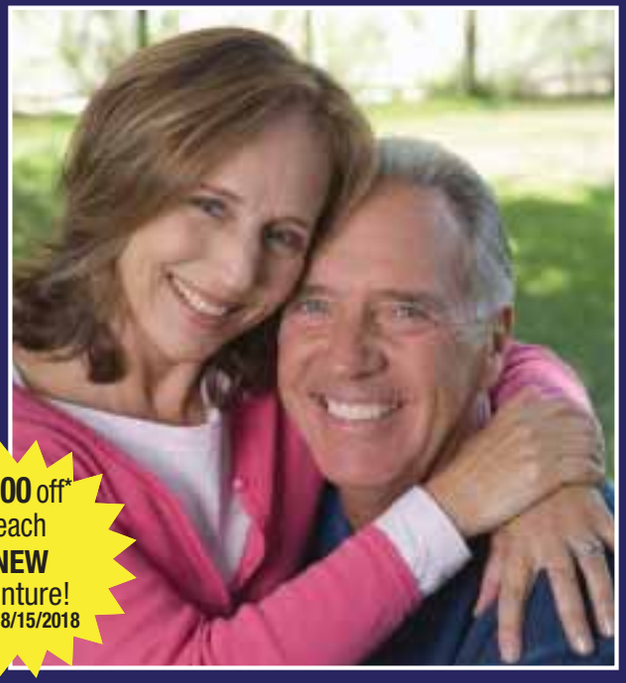

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Spicer is chasing the spotlight these days, with not much luck

The former White House press secretary has gotten a slew of negative reviews for his new book "The Briefing."

"Mr. Spicer's book is much like his tenure as press secretary: short, littered with inaccuracies and offering up one consistent theme: Mr. Trump can do no wrong."
Wall Street Journal

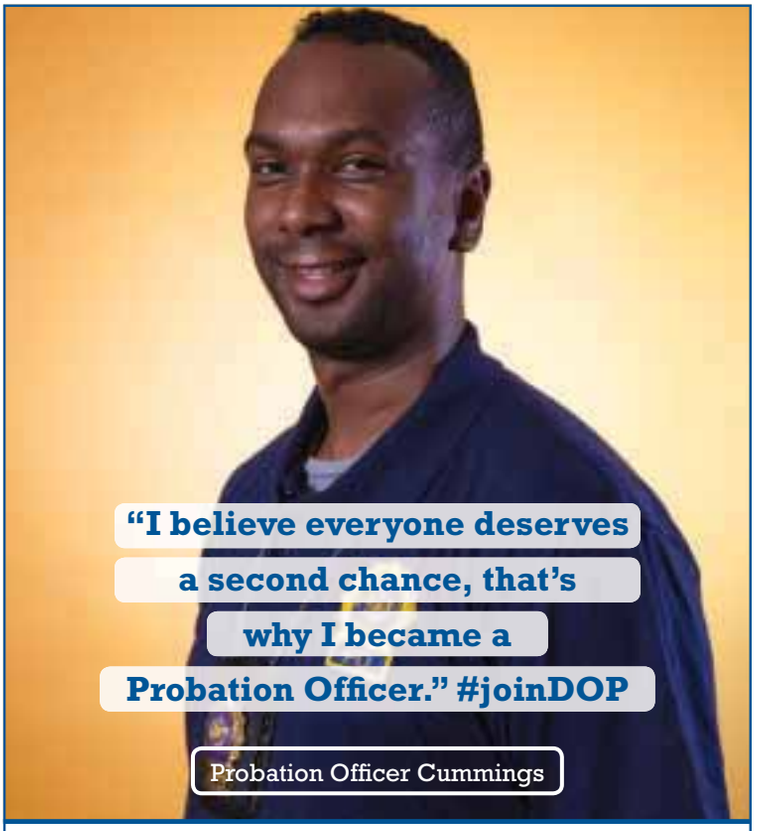
MICHAEL MARTIN
letters@metro.us

When we last saw Sean Spicer, the former White House press secretary, he was stumbling out of the gate of a post-Trump career: He had been turned down for a Fox News commentator gig and was having trouble finding guests for a talk-show pilot named "Common Ground."

Adding to his woes: The buzz on the new Sean Spicer book is about as good as the one that followed his first press briefing.

Vanity Fair reports that "The Briefing," out this week, is not the warts-and-all exposé the public might want to hear from the man who once hid from cameras in a White House hedge and was bullied by Trump about his tailoring. "The book is filled with wide-eyed wonderment at Trump's communications strategy ('The more time I spent with him, the more I came to understand that President Trump wanted me to repeat his answers to the press verbatim'), and anodyne anecdotes such as the time Spicer lent Trump a green tie for St. Patrick's Day," writes Tina Nguyen. "Another section describes the president as a man of 'compassion and sympathy,' with 'Christian instincts and feeling,' particularly after the death of Spicer's father."

As far as what others think of the book, the re-



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Former Press Secretary Sean Spicer GETTY IMAGES

views have been largely negative, calling Spicer on the carpet for his lack of credibility.

"At times, it rings like an audition for a talk show," says the Guardian of the book. "At others, it sounds like a family member seeking to whitewash an abusive relationship." Concludes the Wall Street Journal: "Mr. Spicer's book is much like his tenure as press secretary: short, littered with inaccuracies and offering up one consistent theme: Mr. Trump can do no wrong." The Washington Post's Erik Wemple calls the book "a bumbling effort at gaslighting Americans into doubting what they have seen with their own eyes as far back as June 2015."

But it's The Telegraph that may have stuck a fork in "The Briefing," saying that it "reeks of desperation." Writes Harriet Alexander: "At times hostile, at times hilarious, his briefings got higher ratings than the actual soap operas airing at the same time. So how has he managed to make his account of the time so dull?"

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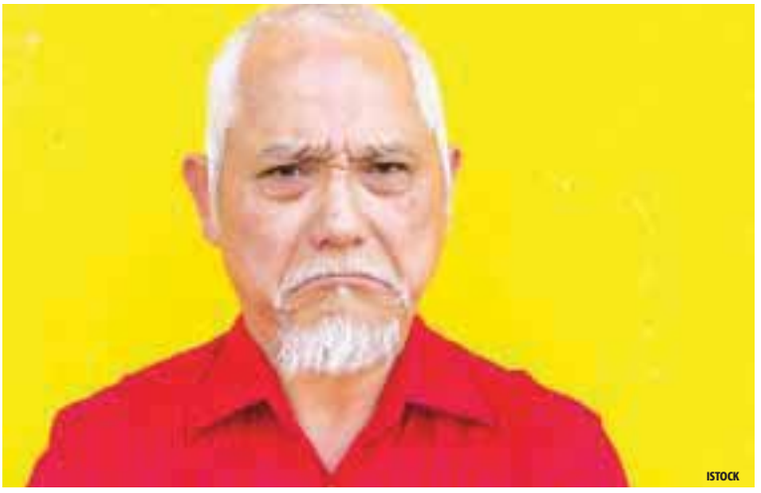
the GRUMBLE

Pat King
Grumble Editor


ISTOCK

READER WRITE-INS:

YOU GOTTA BE SPITTING ME!
I just read your grumble "Don't Be a Hero!" and came to mind a disgusting habit I see men do on the street. Which is hacking up a big loogie and spitting it on the sidewalk or better yet, pinching half their nose and blowing a big snot on the sidewalk. Ewww! Who taught you that? Hasn't anyone taught you to carry a napkin or tissue to spit in or blow your nose in? Totally disgusting.
- Mary Reilly, *Metro New York reader*

SMARTPHONE DUMMIES
The other day I was sitting at a street-facing window in a taco restaurant. There was a middle-aged man seated next to me wearing hospital scrubs. Outside, we saw a man who was clearly differently abled, or mentally disabled, I'm not sure. He was dressed ridiculously for his age (like a child maybe) and carrying a Discman. He was eagerly awaiting the next bus. I felt empathy for the guy as he seemed to be doing the best he could. Then I looked to my right and saw this health-care professional taking pictures of the man outside with his smartphone. Now, it's possible that my seatmate knew the man and was concerned about him or something. But from the way he was grinning like an idiot and texting some of the pics to someone else, it seemed more likely that he was just making fun of the poor guy. That's messed up. People like this are not as oblivious as some of us might think, and especially someone who works in a hospital should know better. Everyone should know better and keep your cameras to your self(ies).
- Greg Hoffman, *Metro US reader*

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The winning caption from Bl Barr, *Metro Boston reader*

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Aries Look for the positive in whatever situation you face. Don't let anyone put unfair demands on you or press you to do more than your share. Socialize with people who share your interests.

Taurus Keep moving forward, regardless of what others are doing. Problems at home or with a friend should be looked at seriously. It may be time to reevaluate your current associations.

Gemini A business trip or educational journey will open your eyes to a host of new possibilities. Before you leap into action, do your research and fact-checking to ensure success.

Cancer Getting along with people and surrounding yourself with those you find inspirational will make a difference to the outcome of any venture you take on. Personal gains look promising.

Leo A clear-cut passage should be your plan. Replace extravagance with moderation, and irritability with energetic and purposeful plans. Step away from bullies and those less than reliable.

Virgo Personal change will boost your ego and give you the inclination to socialize and network. The people you encounter can help you bring about positive change. Romance is on the rise.

Libra Do something industrious. Keep moving and accomplishing to avoid interaction with someone who is prone to complain or ask for too much. Take care of responsibilities to avoid repercussions.

Scorpio Stick to the basics and rely on past successes to help you make wise choices. Don't let what others do anger you. Work on personal improvements instead of trying to change others.

Sagittarius Secrets will be revealed if you aren't cautious when sharing information. Someone you think you can trust will use persuasive or devious tactics against you. Don't be gullible.

Capricorn Don't sit idle, but follow through with your plans. Changes at home or at work will lead to greater opportunities and personal gains. Plan to celebrate with someone you love.

Aquarius Keep a level head when dealing with people who are unpredictable. Taking desperate measures when dealing with how you earn your living or how you treat those you work alongside will backfire.

Pisces Participation will keep you in touch with people who can help you bring about positive personal change in your life. Share your intentions and feelings with someone you love. EUGENIA LAST

NYC Doctors Urge Back Pain Sufferers

Read This Before Having Surgery or Using Opioid Drugs

Modern Treatment stands to free thousands of New York Area pain sufferers from reduced mobility, stress and poor quality of life. Treatment may help avoid surgery or overuse of dangerous medication

NEW YORK CITY - If you are interested in relieving back pain or neck pain, getting back to basic daily activities without discomfort and having more energy, than this this will be the most exciting message you ever read.

Here is why:

There is a medical clinic in New York City called ***NYC Pain MD***. Actually two of them… in different parts of the city. I'm not sure… but if I'm right… you may want to call them after reading this. If so, their phone number 877-278-8980.

Here's What This Is All About

The doctors at *NYC Pain MD* have made a discovery of sorts. It's not a discovery as in they invented something brand new. It's a discovery about when and how they apply certain back pain treatments… that they have fine tuned… and perfected to get better results than they ever thought possible.

Countless patients are living proof. **And check this out:** What NYC Pain MD doc's actually use is called an "algorithm"... a special step-by-step formula starting with proper evaluation so you make sure to leap frog or bypass treatments that won't work... and find the ones that will work best for you in a little time as possible. Less trial and failure means better quicker results for the pain sufferer.

Now, you may have even heard about many these treatments. **But here's one I bet you may have never heard of... that might help you... and it's not an "epidural".**

This treatment is called:

"Radiofrequncy Neurotomy." RF for short. RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your back or neck and one of their jobs is to sense PAIN.

Radiofreqeuncy waves are delivered to these nerves under advanced precision medical imaging to target the damaged areas... done right in their own clinic without intimidating, expensive hospitals or surgical center... to "block" the painful nerve flow.

Two steps in the formula are performed. First, a test or diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function. If this first "test" procedure is successful, RF Neurotomy or "Radiofrequency" will be performed for longer term relief.

NOT just the Treatment alone that is the key ingredient

You see, the real secret is the *formula*. And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step number one.

And the best part about this screening is… It's FREE

This screening will give you so much relief just knowing what is going on… and what your best options are.

That's right. *NYC Pain MD* offers this first step screening at no cost to patients The only problem is… they often get over 100 inquiries a day as they also treat almost every painful area and joint. Sometimes its hard to get through. If you don't get through to someone when you call… keep calling… or leave a message... it will be well worth it.

But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you can understand completely. Not all complex "doctor talk"...

This may be one… or a combination of the advanced medical treatments offered at *NYC Pain MD.*

Everything will be explained and all your questions will be answered. And even better:

You will be given all this At NO COST. *NYC Pain MD* doc's are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with up to 100 inquiries a day from patient's looking for relief, it's often hard to even get a treatment spot.

You should also know this: While *NYC Pain MD* cannot help everyone… so many have gotten the pain relief they were looking for.

New Techniques May Replace Medications Or Even Surgery: ***Innovative treatment is now available at NYC Pain MD. Many are seeing dramatic relief for the first time.***

One of the reasons they offer those first step free screenings, is because it has opened the door to so many people to get help that they never would have otherwise.

At the very least, you will finally have some direction and a plan. And... whether you have the best, worst or no insurance at all, *NYC Pain MD* programs can be made affordable to everyone

They do not want insurance issues… or *not* being rich or famous… to keep you away if you are suffering in pain.

There is a whole lot more I could say about their treatments etc… but this space is limited and that's best left for you and the doctors to discuss in person.

So…if you are even remotely interested … take the a first step and give them a call at 877-278-8980 and ask for your free screening.

How To Schedule Your Risk-Free No-Obligation Screening Evaluation

When you call, tell the scheduling experts you are calling for the special "No Obligation Back Pain Screening Program". They will know exactly what you need to do and will find the next available and convenient spot in our in our schedule. So again, just call 877-278-8980. The lines get very busy so if you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is 877-278-8980.

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www.PainMDNY.com

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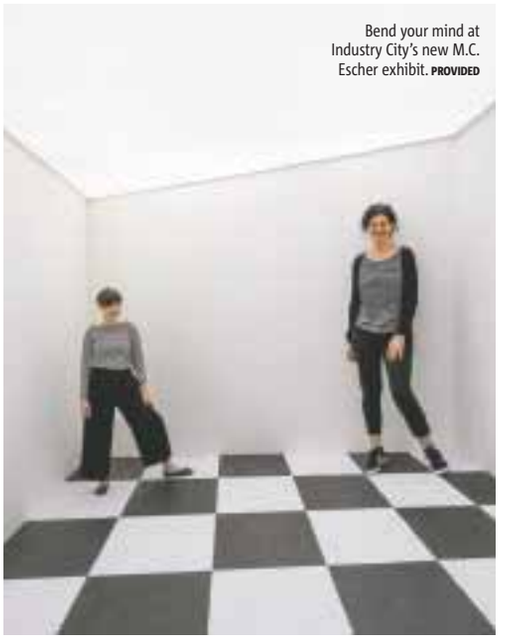
Take in a movie at iPic then drinks at the Tuck Room. EVA KIS



Bend your mind at Industry City's new M.C. Escher exhibit. PROVIDED

Ideas for these rainy days

It's tempting to hide in your apartment when the weather is less than perfect, but it can also be the perfect time to cross off a few things on your New York City to-do list.

EVA KIS
eva.kis@metro.us

iPic and the Tuck Room

Catch a movie at the first New York location of luxury dine-in theater iPic at the Seaport District, where you can get cozy in a two-person pod and order food and drinks right to your seat. After the show, there's no need to go outside — just take the escalator upstairs to the Tuck Room. You can roll up to the bar and watch the mixologists work (some of the equipment they use is seriously out of a science lab), or hide away in the bar/restaurant's literal tuck room, a speakeasy behind a moving bookcase where you can relax in Victorian splendor and enjoy the bar's collection of rare liquors and infused bottles. *11 Fulton St., Lower Manhattan*

Nobletree Red Hook

If all rain makes you want to do is curl up in a comfy chair with a good book, you can do that with some amazing coffee at Nobletree's newish Red Hook tasting room. The Brooklyn-born coffee roaster's new headquarters looks out on New York Harbor (wave hi to Lady Liberty!) and has a bright front room that feels like a bar, but you're looking to head to the quiet room in the back that feels like an upstate cabin hideaway. While away the hours in a corner of its leather sofa or tucked into one of the surrounding chairs with a cortado or another of its extensive menu of coffees. There's even a real fireplace for prime cozy vibes. True coffee fans can also sign up to tour the machinery of coffee-making, too. *499 Van Brunt St., Unit 3A, Brooklyn*

Spend a day at Bloomie's

Going to one of New York's classic department stores is a movie cliche for a reason. These self-contained theme parks of aspirational living were about helping you live your best life, whatever that was, with style and elegance. And nobody does it better than the original Bloomingdale's stately flagship location Lexington Avenue at 59th Street. Spend a few happy hours browsing its racks and the brand new Heart of Shoe York, an entire floor devoted to every kind of shoe from spots to the highest of stilettos, get a free bra fitting (you know it's been on your to-do list forever!), catch one of the free near-daily workshops, talks and other events, and maybe come out not just with one of the iconic brown bags but a Carrie Bradshaw-worthy story. *1000 Third Ave., Midtown*

Chelsea Market

Most food halls are just about stopping in to grab a bite and then heading to your next destination, but not Chelsea Market. New York's best indoor market has plenty of destination restaurants — Dizengoff by hummus king Michael Solomonov and seafood hotspot Cull & Pistol, just to name two — to help with that, but it's also home to fashion boutiques, a bookshop, an outpost of Pearl River Mart and more. Finish your visit with drinks at the excellent basement bar The Tippler, and you can even shop the new Chelsea Local market downstairs for any essentials you might need for a picnic on a sunnier day. *75 Ninth Ave., Chelsea*

Take a photo walk

Rain is not always a bad thing for going outside. New York never glitters brighter than during a rainshower, which has the added benefit of clearing out some heavily trafficked spots like Times Square. So throw on your galoshes and raincoat, grab and umbrella and go visit them! Take a photo walk down the Avenue of the Americas in Midtown. Photograph the Crossroads of the World by the light of its many gigantic billboards. Stroll through Grand Army Plaza and find the best side of the Soldiers and Sailors Memorial Arch.

Brooklyn Bazaar

This three-floored third act (thanks, gentrification) of Brooklyn Bazaar is a sort of hipster Haunted Mansion whose vibe is somewhere between '70s not-so-chic and every horror movie cliche we love. Come for a concert on the top floor or one of their free movie nights in the main room, play a round of blacklight mini golf in the basement, grab a drink and bites at the bar — any kind of hanging out you want to do, Brooklyn Bazaar is where to do it. *150 Greenpoint Ave., Greenpoint*

Industry City

Few places pack in as much as Sunset Park's ever-growing entertainment hub Industry City. As an incubator of food and culture, it's home to several firsts for New York: all-avocado restaurant Avocaderia, sake distillery Brooklyn Kura, and the only restaurant where you can also get your bike fixed Maglia Rosa. Spread over several buildings all accessible by (mostly) covered walkways, you'll also find murals and pop-up art exhibits everywhere (check the freight elevators) as well as a major exhibit

Heart of Shoe York BLOOMINGDALE'S

of M.C. Escher's work that has tons of trippy immersive elements, too. Come during one of their occasional Open House days when you can take a peek inside the studios of Industry City's resident artists. *274 36th St., Brooklyn*

Take a day to really see these museums

Most museums don't take a whole day to see, but there are two major exceptions in New York City: the Metropolitan Museum of Art and the American Museum of Natural History. Special exhibits are always exciting, but these two icons of the city hide way more history, throwback charm and old favorites in their permanent collections to discover that maybe you've rushed past on your way to the new giant dinosaur or to see priests' frocks as women's fashion. We recommend putting on some comfy shoes and arriving right when doors open, grabbing a map and trying to take it all in — though even a full day may not be enough. *The Met at 1000 Fifth Ave., Upper East Side; AMNH at Central Park West & 79th St., Upper West Side*

Gaming with real people

Give your Xbox the day off and head to The Uncommons, Manhattan's first gaming cafe that's got way more than Scrabble and Trivial Pursuit. This is the bar for the gamer's gamer, with rows of tables where you can throw down over one of the over 1,000 board, card and strategy games in its collection. Just $5 lets you play all day, with a menu of gamer staples like pizza bites and to keep you going, as well as coffee and a good range of craft beers. It's even open until 1 a.m. on weekends! *230 Thompson St., Greenwich Village*

"Killers Bees" brings an untold story from the Hamptons to the big screen. THE CUMMING BROTHERS

'Killer Bees' shows a different side of the Hamptons

Documentary shows how the region has changed through the lens of a scrappy high school basketball team.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

The Hamptons is home to some of the wealthiest individuals and most expensive real estate in the country. But amid the glitz and glamour of the villages and hamlets that dot the region is the Bridgehampton boys' basketball team, known as the Killer Bees, who've won nine state championships, a record second only to Mount Vernon.

The Killer Bees have come to symbolize much more than the joy of victory and the despair of defeat, though. The team's success and the struggle to keep their school open represents the untold story of race, inequality and gentrification in the Hamptons. Directing duo Ben and Orson Cummings open up about bringing the team's story to the big screen.

Were there any revelations during production that took you by surprise?

Ben: First of all, we knew these issues existed out here. But it is always a shock when you get to know someone that it is happening personally to, like Jamari. When Jamari is sitting there and telling us that he is being evicted again, it is hard to not stop being the director behind the camera, because you have spent a whole winter with this kid and he is telling you that his family is about to get kicked out of their home again.

Orson: We were also shocked when we were talking to and about players from the past, a lot of great players. One of them that kept being brought up was Julian Johnson, who we knew personally. He came over to our house and played basketball in our driveway with us. We learned that he was in prison, so we went up to film with him. That was a shock, to learn about the criminal justice system, and there's a storyline about a lot of these players that are great, but the opportunities aren't there.

"Killer Bees" does a great job of highlighting the disappearance of the middle class, especially in places like the Hamptons.

Orson: We wanted to give everyone the lay of the land and show everyone a lot of the different regions. It is a very complex, diverse place, with the beaches, the turnpike where the kids live, the mansions. I think when we got that tour, and we had that real estate broker drive us round, it was interesting to see how he spoke about all these neighborhoods and brands them and the value of all the houses. It was a total lack of awareness that there were people, everything was just a commodity. It is not a community anymore, just a commodity.

"Killer Bees" opens July 27 in New York.

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My toenails are streaked, discolored and thickened.
The sides of my toenails dig into the skin and hurt.
I have a large bump behind my big toe (or little toe) which is always red.
I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
My toes aren't straight- they are all cocked-up, bent and hurt.
I have painful calluses on the ball of my foot which keep building up.
I have corns on my toes which get thick no matter what shoe size I wear.
The bottoms of my feet hurts all day, but it's worse when I step out of bed in the morning.
I have cramps in my legs which always happen when I walk the same distance.
My ankles are swollen most of the time.
My feet are always dry and scaly – sometimes they itch.
My feet just hurt all over when I stand or walk a lot.
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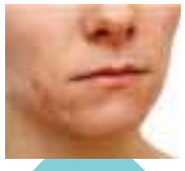

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A beginner's guide to the world of Stephen King's 'Castle Rock'

While the series isn't based on a particular King story, it wouldn't hurt to brush up.

ANDREW HUSBAND
letters@metro.us

According to The New York Times, the new Hulu series "Castle Rock" may look and feel like an adaptation of a Stephen King story, but it isn't. The show isn't based on any one particular short story or novel. In fact, aside from a myriad of playful and necessary references to what Hulu dubs the "Stephen King multiverse," "Castle Rock" is wholly the creation of executive producer J.J. Abrams and writers Sam Shaw and Dusty Thomason.

The story of a young man's (Bill Skarsgård) discovery in the depths of the Shawshank State Prison, death-row attorney Henry Deaver's (André Holland) efforts to help him and the consequences that follow are unique to "Castle Rock." What's not, however, is the anthology series' name, which marks the fictional Maine town where many of King's stories have been set, or referenced, throughout the 70-year-old author's long career.

"Castle Rock" is an original concept based on the fictional universe King created. As a result, audiences hoping to check out the new show when it debuts on Wednesday may want to brush up on all things Stephen King. That's not to say reading "Cujo" or watching the recent "It" movie are necessary for understanding "Castle Rock," but it may make the experience more enjoyable.

"Different Seasons"

Published in 1982, "Different Seasons" — a collection of four novellas — presents one of King's most comprehensive guides to the town of Castle Rock. While the book contains less of the horror the author is known for, three of its dramatic stories, "Rita Hayworth and Shawshank Redemption,"

Bill Skarsgård trades in the clown outfit for another creepy character.

"Apt Pupil" and "The Body," all take place in or greatly reference the fictional New England locale. What's more, all three have been adapted for the big screen, with "The Body" becoming Rob Reiner's popular coming-of-age flick "Stand By Me."

"Cujo"

About a minute into the latest trailer for "Castle Rock," Deaver is seen flipping through a collection of old files and newspaper clippings. One of the latter scares with the headline "Rabid Dog Tears Through Town," while an accompanying article reads "Rabies Vaccines at All Time High." Intrepid King fans will immediately know that both are an Easter egg for "Cujo," the 1981 horror novel about a rabid dog tormenting the townspeople. It became a film two years later.

"Needful Things"

Like "Fargo" and "American Crime Story," "Castle Rock" boasts an impressive ensemble cast that includes acting veterans like Scott

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"Castle Rock" premieres July 25.
ALL PHOTOS BY PATRICK HARBRON / HULU

Glenn. Here he portrays Alan Pangborn, the retired sheriff hero of King's 1991 book "Needful Things," in which the demonic Leland Gaunt's titular shop offered customers seemingly rare trinkets in exchange for their souls. Hence Pangborn's line from the trailer: "I always thought the devil was just a metaphor."

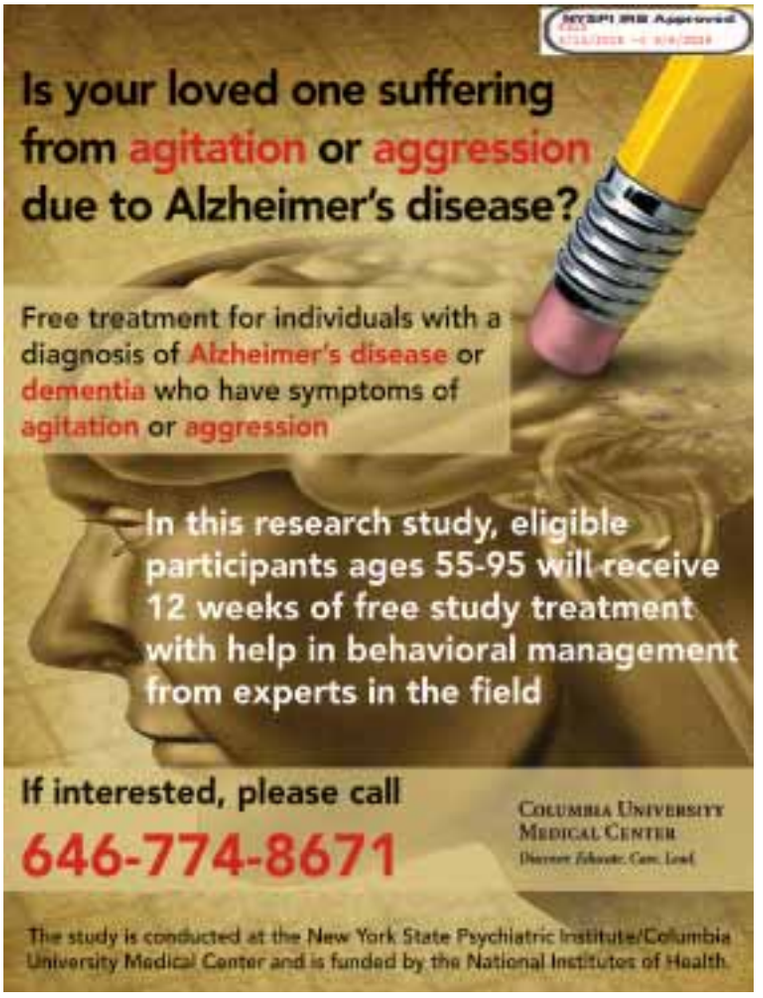
"It"

Though set in the fictional town of Derry, Maine, another fictional location created by King, "It" bears a poignant connection to "Castle Rock." Yes, the book references the other fictional setting, but the recent film adaptation, which became the highest-grossing horror movie of all time, also stars Skarsgård. In "It" he plays Pennywise the Clown, whose creepy malevolence doesn't seem too different from the mysterious unnamed character he plays in "Castle Rock."

"Carrie"

Speaking of connections across King's vast "multiverse," "Castle Rock" also features the return of Sissy Spacek to the author's material. Here she plays Ruth Deaver, Henry's mother who suffers from dementia, but previously she starred in the 1976 supernatural horror film "Carrie," which was based on King's 1974 novel of the same name. "I adore Stephen King," she told The New York Times. "I think we're both probably indebted to each other for the experience that we had with 'Carrie.'"

"Castle Rock" premieres Wednesday on Hulu.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HOME

Woven furniture is in this season.
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Spice up your patio with these *woven furniture* ideas

Get in on the season's biggest outdoor trends. KATELYN CHEF

What does woven, wicker, rattan and raffia weaved furniture all have in common, aside from the rich laced texture? Plaited chairs, small outdoor dining sets and woven baskets happen to be one of the biggest summer outdoor-living trends of the season. After all, you've seen the quintessential bistro sets on social media as well as those pretty cafés you pass on the street. Now, home-decorating enthusiasts are taking their visual inspiration right to their patios and porches.

Bistro sets

You've probably have already admired the traditional blue and white woven French patio bistro set from afar. Or at least while you were sipping your café au lait at an Instagram-worthy coffee shop. Now, with retailers such as Target and Wayfair putting their own spin on the French outdoor sets you can integrate the trend at home. While, the blue-and-white color scheme is signature to the bistro set, other color varieties such as yellow and white, and green and white are also stylish porch additions.

Try it at home:

- Three-piece wicker patio French bistro set—white/blue-Project 62, ***Target, $300***
- Bungalow rose lintgen French stacking patio dining chair-set of 2, ***Wayfair, $219***
- Coral Coast Global Bay outdoor bistro set, ***Hayneedle, $230***

Rattan and raffia accents

The great thing about the laced and woven furniture trend is that the look can be versatile—meaning it's practical whether you decide to use it for indoor or outdoor use. When decorating a covered porch or screened-in patio, rattan and raffia textured pieces can add a new look to your space. If you're new to trying the entwined style, try incorporating one piece such as an ottoman (or large basket) and see how it flows with your vision.

Try it at home:

- Tabitha rattan ottoman, ***Urban Outfitters, $149***
- Avocet rattan fan back accent chair, Opalhouse, ***Target, $160***
- Set of three white-dipped seagrass hampers, Kalalou, ***Junglaow, $168***

Macramé and braided additions

Woven and braided outdoor accents are as statement-making as woven furniture. Looking for a fresh take on a hammock or footstool? Weather-resistant macramé might just be your new go-to. We're loving this ivory braided weather-resistant Opalhouse hammock from Target. After all, it's summer. Relax a little.

Try it at home:

- Macramé hammock with fringe-natural, Opalhouse, ***Target, $100***
- Surya Malmo Sphere Pouf, Ottoman, ***Hayneedle, $107***
- Three-piece macramé plant hanger indoor outdoor hand-knit hanging planter, wood stick basket wall art, ***Walmart, $17***

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WILPONS' OWNERSHIP OF METS SHOULD COME DOWN TO JACOB DEGROM TRADE

OPINION

JOE PANTORNO
@JoePantorno

With less than one week to go until Major League Baseball's 2018 trade deadline, the future of Jacob deGrom in a New York Mets uniform continues to be an uncertainty.

The Mets are going nowhere, a dysfunctional team continuing to sink in the National League despite the brilliance of their 30-year-old ace. He leads the majors with a sterling 1.71 ERA, Monday night providing another sobering rendition of "Groundhog Day," against the San Diego Padres as deGrom went eight innings, allowed two earned runs while striking out 10 and was saddled with his fifth loss of the season thanks to hapless defense from Jose Bautista and Amed Rosario.

It was the 16th time this season that deGrom has allowed two earned runs or fewer and it's the 11th time he's gotten either a no-decision or a loss.

Yet deGrom has remained a consummate professional, continuously saying that he has no desire to leave the Mets even though he is basically the captain of a capsizing ship.

"I've enjoyed my time here, like I said," deGrom said on Friday, according to the New York Post. "In 2015, that was a blast, and I want to win here. That's what we want to do. Wanting to be part of the future, I hope the feeling's mutual."

Assistant general manager John Ricco — who has taken the reins for Sandy Alderson while he's on a medical leave of absence — has been noncommittal, most recently on Monday.

Prior to deGrom's fifth loss of the season, dropping his record to an underwhelming 5-5, Ricco said that the Mets are "still having dialogue with some teams," about possibly trading deGrom before the deadline." Though he added that the organization "loves him" and that "it would take an awful lot," to move him, according to MLB.com's Anthony DiComo. The problem is that management's recent track record suggests that the Mets will likely get fleeced on a deal that involves deGrom should they, in fact, trade him. Looking over the past two seasons at the organization's return for trades involving Jay Bruce, Lucas Duda, Curtis Granderson, Addison Reed, Neil Walker and Jeurys Familia, New York has gotten basically nothing in return.

That means no major-league-ready talent, no top-tier prospects, no names to fill direct needs. Just a combination of salary relief and international bonus pool money to go with mid-to-lower-level prospects.

Just look at what this team has acquired when dealing important, contributing veterans

How many bad mediocre relievers can one get along with the cash before enough is enough.

This is the part of the program where we once again turn our direction to the owners as Fred and Jeff Wilpon continue to deal away their best players for what looks like funds to help them get out of debt after being rocked by the Bernie Madoff Ponzi scheme a decade ago.

The Wilpons continue to shun the needs of the organization, showing zero desire to put a winning product on the field despite playing little brother to the Yankees in the most competitive sports market on the planet.

Familia was one of the Mets' better trade chips this summer and was dealt too early in the month for an underwhelming return as the A's picked up the $3 million he's owed. It's the savings that made this deal happen and Mets management and pundits on television can try to tell you otherwise.

Should the Mets trade their one remaining, healthy star in Jacob deGrom, who has been relegated to a swamp of ineptitude, it must be for a king's ransom. The Yankees have constantly been linked to him and they have a plethora of promising talent that is deserving of getting the ace. That includes any combination of Miguel Andujar, Justus Sheffield, Clint Frazier and Chance Adams.

Regardless of the trade partner, if the Mets don't pick up at least one prospect ranked within the league's top-20, instead opting for another series of underwhelming relievers or struggling infielders, Rob Manfred and Major League Baseball has to step in.

The actions of the Wilpons have continuously and relentlessly harmed the Mets since taking complete control in 2002 and trading their ace for peanuts in order to put more money in their bank accounts is prompt for the commissioner to step in and force the family to sell the team to an owner that can commit to making the Mets a true New York sports franchise instead of a fledgling joke.

Trade rumors continue to swirl around New York Mets ace Jacob deGrom despite having a Cy Young-caliber season in 2018. GETTY IMAGES

RECENT RETURNS IN NOTABLE METS TRADES

Drew Smith (for Duda)- 5-1, 2.76 ERA in triple-A

Ryder Ryan (for Bruce)- 2.25 ERA in double-A

Eric Hanhold (for Walker)- 9.00 ERA in triple-A

Jacob Rhame (for Granderson)- 6.93 ERA in 25 appearances with Mets since 2017

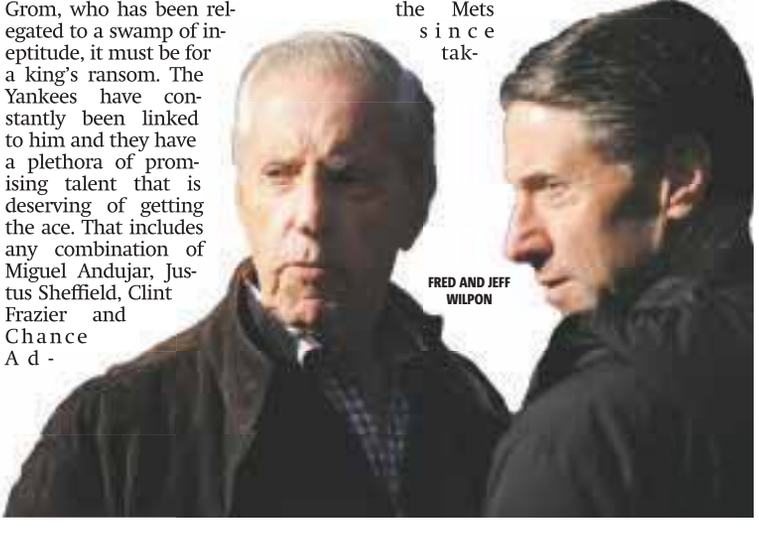
Stephen Nogosek (for Reed)- 14.54 ERA in double-A

Jamie Callahan (for Reed)- 9.72 ERA in triple-A

Gerson Bautista (for Reed)- 12.46 ERA in five appearances for Mets, 5.18 ERA in triple-A

Bobby Wahl (for Familia)- 2.27 ERA in triple-A

William Toffey (for Familia)- .244 BA, 5 HR, 32 RBI over 48 games in single-A



FRED AND JEFF WILPON

GIANTS CAN BE A PLAYOFF CONTENDER IN '18

OPINION

KRISTIAN DYER
@KristianRDyer

Time to focus simply on football and for the New York Giants, that means making a run again at the playoffs. Don't snicker.

Odell Beckham Jr. won't be a holdout, nor will Landon Collins, the drama of "will they show up?" over a day before training camp officially opens today. Coming off a terrible year, a season where the Giants had the most losses in franchise history, it is time to put all the chatter and talk purely to the side.

Time for the Giants, in other words, to get back to being the Giants. A fresh start, a direction with purpose.

This is a team that isn't far away from being good and competitive again. This offseason, the Giants did a reasonably good job of rebuilding the team in the short term. They added three starters to an offensive line that was the worst in football the past two years. They cut some much-needed dead weight and got younger in a few positions on defense. And they drafted a game changer in Saquon Barkley, someone who can transform the organization over the next decade.

While questions persist along the defensive line and at safety, this team is better and more balanced than in years past. This thing is headed in the right direction.

The Giants still need to sign Beckham (NFL Network reporter Kim Jones reported on Tuesday that Beckham isn't holding out) and Collins to contract extensions, keeping these two stars with the team long-term. And they need to begin seriously looking at the viability of quarterback Eli Manning beyond the next two years. But this team isn't the team that went 3-13 a year ago.

Eli Manning (10) and Odell Beckham Jr. (13) get a fresh start in training camp, which starts today. GETTY IMAGES

Are they playoff contenders? Perhaps, but that isn't a sure thing. What is a sure thing is that they won't be winning anything close to three games this year.

There seems to be a direction for this team under new general manager Dave Gettleman and head coach Pat Shurmur. A year ago, the talk of this week would have been potential holdouts by Beckham and Collins. Now, those issues are settled and the Giants can really hone in on getting better.

It is a culture change here in New York. There was a direction and purpose to the offseason, a contrast compared to the past couple of seasons where the Giants stuck their head in the sand, ignoring major deficiencies and holes on this team. It isn't a perfect rebuild and couldn't have been given the salary cap constraints but the Giants will be an improved and an improving side in 2018.

Gettleman and Shurmur have done wonders on a shoe-string budget. Don't be surprised if the Giants make fools of the prognostications and predictions that they will again have a high pick in next year's NFL Draft.

This is a team that will surprise many and be pushing for a playoff spot late in the year.

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SUPREME COURT
COUNTY OF QUEENS
FEDERAL NATIONAL MORTGAGE ASSOCIATION, Plaintiff, Against HELEN JENNINGS, ET AL., Defendant(s).
Index No. 710841/2015
Pursuant to a Judgment of Foreclosure and Sale, duly entered in the Queens County Clerk's Office on 2/6/2018, I, the undersigned Referee, will sell at public auction, in Courtroom #25, of the Queens County Supreme Court, 88-11 Sutphin Boulevard, Jamaica, NY on 8/24/2018 at 10:00 am, premises known as 13045 224th St., Springfield Gardens, NY 11413, and described as follows: ALL that certain plot piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Fourth Ward, Borough and County of Queens, City and State of New York, and designated on the tax maps of the Queens County Treasurer as Block 12902 and Lot 14. The approximate amount of the current Judgment lien is $539,947.12 plus interest and costs. The Premises will be sold subject to provisions of the aforesaid Judgment of" Foreclosure and Sale;
Index # 710841/2015
Donna Furey, Esq., Referee
McCabe, Weisberg & Conway, P.C.
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Dated: 2/16/2018

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INDEX NO. 708717/2014
Judah Maltz, Esq., Referee

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DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

LEGAL NOTICES

NOTICE OF FORMATION of 1768 Monroe Realty LLC. Articles of Organization filed with the Secretary of State of New York (SSNY), on 07/02/2018. Location: Bronx County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to 217-18 73rd Ave. # 2F, Oakland Gardens, NY 11364 Purpose: any lawful activity

NOTICE IS HEREBY GIVEN that a license, number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 21 South End Ave., Store 3, New York NY 10280. New York County, for on premises consumption. Only U Restaurant Corp. d/b/a Ningbo Cafe.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail under the Alcoholic Beverage Control Law at 287 Park Ave. South, New York, NY 10010, New York County, for on premises consumption. Hawksmoor Restaurant Group Inc. d/b/a Hawksmoor.

NOTICE IS HEREBY GIVEN that a license, Number To Be Determined, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 194 Grand Street, New York, NY 10013. New York County, for on premises consumption. Emmanuel NY Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1311591, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Chinese Restaurant under the Alcoholic Beverage Control Law at: 50 Mott Street, New York, NY 10013. New York County, for on-premises consumption. New Shanghai Deluxe Corp.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number 1311458, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Japanese Restaurant under the Alcoholic Beverage Control Law at: 705 59th Street, Brooklyn, NY 11220. Kings County, for on-premises consumption. Chu Xi Asian Cuisine Inc.

NOTICE IS HEREBY GIVEN that a license, Serial # 1312064, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 318 5th Ave., Brooklyn, NY 11215. Kings County, for on premise consumption. Lacivert LLC.

NOTICE IS HEREBY GIVEN that a license, Serial # 1312021, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 1588 1600 Amsterdam Ave, New York, NY 10031. New York County, for on premise consumption. 1588 Harlem Restaurant Group LLC.

NOTICE IS HEREBY GIVEN that a license, Serial # 1311995, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 417 Throop Ave., Brooklyn, NY 11221. Kings County, for on premise consumption. 417 Throop Bar LLC.

NOTICE IS HEREBY GIVEN that a license, Number 1312081, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Bar/Tavern under the Alcoholic Beverage Control Law at 380 Third Ave., New York, NY. New York County, for on premises consumption. 380 East Ventures LLC.

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GAMES

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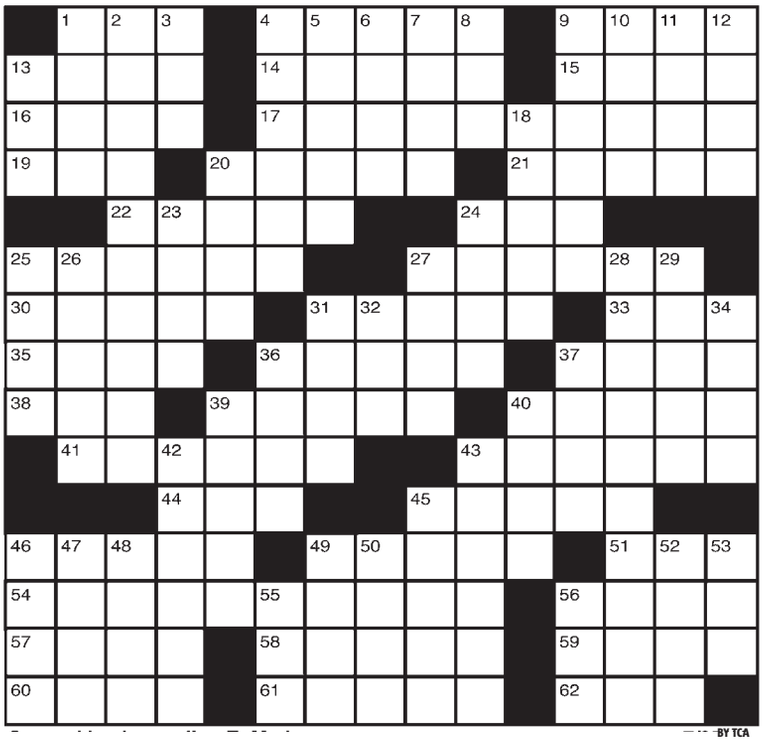
ACROSS

1 Give it a go
4 TV's "__ World Turns"
9 Spill the beans
13 You, to Shakespeare
14 Saleman's pitch
15 Hit the ceiling
16 Stable dinner
17 Valiantly forgoes
19 1914-18 conflict: abbr.
20 Use foul language
21 City in England
22 "Trailers for sale or rent, __ to let..."
24 ABC followers
25 Treeless tract in Europe or Asia
27 Seashores
30 Johnny Cash's "A Boy __ Sue"
31 Graduate finals, perhaps
33 Stylish
35 Plow pullers
36 Bank safe
37 "Been there, __ that"
38 __ over; persuade
39 Punctures
40 Baton __, LA
41 Begins
43 Point the __ at; accuse
44 Edison's initials
45 Canine or molar
46 "__ John B"
49 Diagram
51 __ T; exactly
54 Pen name
56 Eerie saucers, for short
57 Gung ho
58 Bylaws
59 Has dinner
60 __ it; understands
61 Bread ingredient
62 Jolson & Roker

DOWN

1 Melt
2 Period of more leisure & less income
3 Affirmative
4 Suppose
5 Ship poles
6 Slight twitches
7 "The buck stops __"
8 Samuel's mentor
9 Shorts, for some
10 Mantilla fabric
11 Over-the-hill
12 Nickname for Elizabeth
13 Disabled car's need
18 Dog's woe
20 Breathing disorder, for short
23 Frank; candid
24 Blockhead
25 Winter flakes
26 Hired vehicles
27 Coolidge and Ripken
28 Considerate
29 Scorch
31 Rowers' needs
32 Ms. McClanahan
34 One's equal
36 Cast a ballot
37 First word in a warning
39 Small fruit
40 Public uprising
42 __ with; opposed to
43 Woods
45 Subdues
46 Panty hose ding
47 "All You Need Is __"; Beatles hit
48 Leave out
49 Helpful hint
50 Luau dance
52 Fumbler's word
53 Burro
55 Crowbar
56 Nation with the most billionaires: abbr.



BY TCA

metro.us/wordsearch

G	O	E	C	H	A	R	I	O	T
A	S	V	S	R	L	C	E	K	U
L	D	V	B	R	J	L	N	F	I
L	L	E	S	U	O	R	A	C	T
O	Z	S	M	P	O	H	H	R	N
P	E	P	G	C	Z	E	I	K	O
E	E	I	I	A	I	D	W	Q	G
R	T	N	E	M	E	S	U	M	A
T	U	O	B	A	D	N	U	O	R
F	N	E	B	B	Y	G	V	M	D

Amusement
Carousel
Chariot
Dragon
Fun
Galloper
Horse
Jumper
Music
Pole
Ride
Roundabout
Spin
Unicorn
Zebra

metro.us/wander

Category: Film

H	T	D	N	A
E	T	R	L	Y
P	M	A	A	D

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

7					9		6	
			4			7		5
2					1		3	8
4		7	6		8		2	
8	2						9	4
	6		9		4	8		7
5	7		2					9
6		2			7			
	3		8					6

Yesterday's Answers

S	U	P	S		R	O	D	E	O		O	A	T	H
T	R	E	E		O	C	E	A	N		F	R	E	E
O	G	R	E		T	H	E	R	E	A	F	T	E	R
W	E	T		S	T	E	P			L	A	S	S	O
		U	P	P	E	R			T	O	N			
W	A	R	R	E	N			C	A	N	D	I	D	
E	L	B	O	W		P	R	O	B	E		M	R	S
B	L	I	P		F	R	E	D	S		S	P	I	T
S	I	N		N	A	I	V	E		K	O	A	L	A
	E	G	O	I	S	M			M	E	A	S	L	Y
			P	E	T			S	E	E	K	S		
S	T	O	I	C			V	E	A	L		A	P	R
P	I	O	N	E	E	R	I	N	G		A	B	L	E
A	D	Z	E		L	E	A	S	E		F	L	E	A
N	E	E	D		I	D	L	E	R		T	E	A	M

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